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Navy Medicine: 2015 Year in Review

Filed under [Communication](#), [Fleet and the Fleet Marine Force](#), [Force health and safety](#) {[one comment](#)}

Throughout the year, Navy Medicine maintained its ability and capability to deploy whenever, wherever, to meet the needs of our Navy and Marine Corps. We deployed with the Navy's two hospital ships to build trust and cooperation with partner nations. Navy Medicine ambassadors made an impact across the United States, engaging with citizens of local communities. Throughout the year, we did what we do best – enabling readiness, wellness, and health care for Sailors, Marines, their families, and all others entrusted to us worldwide by providing critical mission support on the sea, above the sea, below the sea and on the battlefield. We ended the year with the 38th surgeon general assuming the watch.

Here's a look back at a few memorable blogs from 2015:

1. [Honoring the Legacy of Navy Nurses Worldwide](#): One January 6, 2015, we commemorated the 72nd anniversary of one of the most tragic, yet heroic, and triumphant moment in Navy Nurse Corps history.



Navy Nurse Corps POWs pose with Vice Adm. Thomas C. Kincaid, Commander of 7th Fleet and Southwest Pacific Force, after their rescue from Los Banos, Feb. 23, 1945.

2. [An Insider's Perspective from the Ebola Front Lines in Liberia](#): The Navy mobile laboratory at Island Clinic processed its last sample late January 2015.



Expediting Ebola test results to health care providers led to improved patient triage, more efficient ETU operations, safe burial practices, and a significant decrease in the spread of EVD.



After Island Clinic Lab closed, samples were effectively transported to other nearby laboratories for testing as result of coordinated communication between the lab, the sample couriers, and the various ETUs.

3. [Navy Medicine Perspective: Moral Injury](#): A psychiatry resident and staff psychologist explain how wounds of war are not always physical. They can be psychological, moral and even spiritual.



Moral injury can stem from the mere perception of behaving inconsistently with one's beliefs, or the mere doubt that one behaved morally or ethically.

4. [Naval Medical Center San Diego Radiologists Scan Ancient Mammoth's Skull Fragment](#): Naval Medical Center San Diego partnered with the San Diego Natural History Museum Paleo Services Department to create X-rays and CT scans of a 500,000-year-old mammoth skull fragment to learn more about the species.



Naval Medical Center San Diego staff and San Diego Natural History Museum staff transport a 500,000-year-old mammoth skull to the radiology department.



A 500,000-year-old mammoth skull fragment is placed on to the bed of a CT scanner.



Ancient mammoth skull fragment receives a CT scan.

5. [Health Innovation Month: Big Data, Big Impact for Navy Medicine](http://navymedicine.navy.mil/HealthInnovationMonth/BigDataBigImpactforNavyMedicine): Technological innovations in military medicine make Navy Medicine a global leader in research and development, clinical advances, and health care delivery – from the Stokes wire-stretcher basket in the 19th Century, to SEALAB in the

60s, or the current Modular Prosthetic Limb, health innovation is part of Navy Medicine's DNA.



Navy Medicine has a rich history of innovation and ingenuity, from the Stokes wire-stretcher basket in the 19th Century, to SEALAB in the 60s



SEA-LAB was responsible for developing a great deal of new diving technology including modern diving tables.

6. [Fair Winds and Following SMEE's](#): A hospital corpsman and public health 'guru' describes force health protection and public health education while deployed aboard USNS Comfort (T-AH 20) during Continuing Promise 2015 (CP-15).



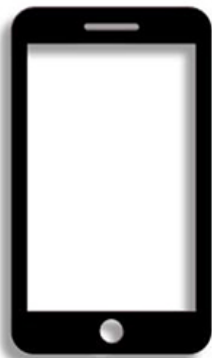
Hospital Corpsman 2nd Class Luke Peet teaches Belizean children about mosquitoes.



An entomologist looks for mosquito larvae during Continuing Promise 2015

7. [Less Than 8 Hours to Better Women's Health](#): During October, we highlighted the importance of women's health with three actionable recommendations to improve the health and wellbeing of our female beneficiaries.

3 steps to better women's health in 8 hours or less



1. Pick up the phone or go on-line to schedule a well woman exam




2. Discuss your breast cancer risks and pregnancy or contraception plan with your doctor



3. Reward yourself. Have a piece of dark chocolate, it's good for your health!



8. [A Thank You Letter to My Family](#): During November, we celebrated military families around the world by recognizing the sacrifices and commitment families they make and highlighting the critical role they play in the success and readiness of our Sailors and Marines. In his own heartfelt words, a Chief Hospital Corpsman writes a thank you letter to his family.



**THANK YOU TO
ALL OF OUR FAMILIES;
ACHIEVING OUR MISSION
IS IMPOSSIBLE WITHOUT
YOU.**

#NAVYMEDICINE



It's a joyous occasion for family and friends when a Sailor returns from deployment.

9. [The War on Tobacco is an All Hands Fight](#): Navy Medicine's top enlisted leader discusses the health risks associated with tobacco use. He is certain a tobacco-free force is vital to the readiness and well-being of the entire Navy and Marine Corps team because tobacco reduces the capability of our service members and detracts from overall resiliency.

QUIT TOBACCO.
make everyone proud

GET ON THE PATH TO A HEALTHIER YOU! IF YOU QUIT SMOKING RIGHT NOW:

After 15 years
Your risk of coronary heart disease is the same as a non-smoker's

After 10 years
You are half as likely to die from lung cancer. Your risk of larynx or pancreatic cancer decreases

After 5 years
Your risk of cancer of the mouth, throat, esophagus, and bladder are cut in half

After 1 year
Your risk of coronary heart disease is cut in half


Within 9 months
You will cough less and breathe easier

Within 3 months
Your circulation and lung function improves

Within 20 minutes
Your heart rate and blood pressure drop

Within 12 hours
The carbon monoxide level in your blood drops to normal

- 1 Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A, Feely J. Hypertension. 2003;41:183
- 2 US Surgeon General's Report, 1988, p. 202
- 3 US Surgeon General's Report, 1990, pp.193, 194,196, 285, 323
- 4 US Surgeon General's Report, 1990, pp. 285-287, 304
- 5 US Surgeon General's Report, 2010, p. 359
- 6 A Report of the Surgeon General: How Tobacco Smoke Causes Disease -- The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010, and Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p. 341
- 7 A Report of the Surgeon General: How Tobacco Smoke Causes Disease -- The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010, and US Surgeon General's Report, 1990, pp. vi, 155, 165
- 8 Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11, 2007, p. 11

 www.BeTobaccoFree.gov

10. Message from the Navy Surgeon General: Assuming the Watch: The 38th surgeon general assumed

the watch, ready to lead more than 63,000 active duty, reserve, civilian and contract Navy Medicine personnel. “Our Navy Medicine motto is to provide world-class care, anytime, anywhere. We’ve kept that commitment for over two hundred years and you can rest assured we will continue to keep it well into the future.”



Chief of Naval Operations (CNO) Adm. John Richardson presides over Rear Adm. C. Forrest Faison’s promotion to vice admiral. Faison is the Navy’s 38th surgeon general and chief, Bureau of Medicine and Surgery.